Claims:

1. A method for adjusting a keyboard support assembly from a storage position under a support surface to a use position comprising:

extending a keyboard tray in a direction generally parallel to and past the support surface;

translating a first side arm in a direction generally parallel to the support surface, wherein a front portion of the first side arm is attached to the keyboard tray at a front attachment point;

sliding a front sliding member portion of first side arm and a rear sliding member portion of first side arm along a rail, the rail being fixably mounted to a mounting surface;

engaging a positioning surface of the first side arm with a positioning mechanism fixed to the mounting surface;

forcing the front portion of the first side arm to rotate the first side arm about a pivot point in the rear sliding member due to the engagement of the positioning surface with the positioning mechanism; and

translating the keyboard tray in an upward direction.

2. The method of claim 1 and further comprising:

translating a second side arm substantially mirrored in construction to first side arm and attached at a front attachment point to an opposite side of the keyboard tray as first side arm; and

sliding a front sliding member portion and a rear sliding member portion of second side arm along a second rail, the second rail being fixably mounted to a second mounting surface.

3. The method of claim 2 and further comprising:

pivoting the keyboard tray about the front attachment point of first side arm and front attachment point of second side arm.

4. The method of claim 3, and further comprising:

locking the rotation of the keyboard tray relative to the first arm and second arm.

5. The method of claim 4, and further comprising:

unlocking the rotation of the keyboard tray relative to the first arm and second arm.

6. The method of claim 4, and further comprising:

clamping a top clamp plate and a bottom clamp plate on opposite sides of a support member extending under keyboard tray.

7. The method of claim 1, and further comprising:

translating the keyboard tray into pre-determined height settings.

8. The method of claim 7, and further comprising:

disposing the positioning mechanism into at least one notch in the positioning surface.

9. The method of claim 8, wherein the pre-determined height settings are substantially equally spaced in a vertical direction.

10. The method of claim 9, wherein the horizontal spacing of the notches disposed in the positioning surface decreases the more distal the notch is to the front portion of the first side arm.

11. The method of claim 1, wherein translating the rear sliding member of the side arm a generally horizontal distance results in a translation of the keyboard tray a vertical distance an the relationship between the translated horizontal distance and the resulting vertical distance is linear.

12. The method of claim 1, wherein translating the rear sliding member of the side arm a generally horizontal distance results in a translation of the keyboard tray a vertical distance and the relationship between the translated horizontal distance and the resulting vertical distance is exponential.

13. The method of claim 1 and further comprising:

releaseably securing the positioning mechanism to the positioning surface

14. The method of claim 1 and further comprising:

preventing relative movement between the positioning surface and the positioning mechanism.

15. The method of claim 8, wherein each notch is shaped for positive engagement with the positioning mechanism.

16. The method of claim 15, wherein each positioning mechanism is L-shaped.